Grade one Preparatory Paragraphs

According to

The latest specifications

برجرافات الصف الأول الإعدادي

طبقاً لـ

المواصفات الأخيرة



My Family

I live with my mum, my dad and my sister. We live in a big house. My mum's name is Sara. She's a teacher. She's short and slim, she's got long, brown hair and brown eyes. My dad's name is Hany. He's tall and a little fat. He's got short brown hair and blue eyes. He works in a bank. My sister Samar is 14 and she loves listening to music. She listens to music all the time. She's got long brown hair and green eyes, like me. I've got long hair too. We've got a pet dog, Brandy. He's black and white and very friendly.

My favourite hobby

I love to paint. It is my hobby. I paint with water colours. I like to paint beautiful landscapes. When we go on holidays to different places like hill stations, desert areas, river banks or the countryside, I always take my art material with me. I like to sit and paint a scenery as I watch it. The painting then is very vivid and comes alive. I find my hobby refreshing to me. I keep all my paintings carefully. I have participated in different art exhibitions and painting competitions at school and at state level events, and won prizes too.

A famous sportsman

Mohamed Aboutrika was born on November 7,1978 in Giza, a suburb of Cairo, the Egyptian capital. He started playing football very early. At 12, he already joined the training center of Tersana Sporting Club, an Egyptian football club based in Giza. He will be trained before being called to the first team.
With Tersana, Aboutrika participated in many matches and scored 93 goals in 169 games. But fate not having bound him only to his training club, he leaves Tersana and signs at the beginning of the season 2003-2004 at the emblematic club of Cairo, El-Ahly.
Mohamed Aboutrika will quickly become a key element in the squad of the emblematic club of the capital. He had all the talent he needed for that. Aboutrika will win many trophies with his team both nationally and continentally: Championships, Cups and Super Cup of Egypt and CAF Champions Leagues.
In February 2012, Mohamed Aboutrika announced his retirement following the events in Port Said where many supporters of Al-Ahly were killed.

School rules

The rules of the school are very simple and not difficult, they only need to discipline ourselves. This discipline has important goals to help us improve our behavior and our qualities such as commitment to clean uniforms, hair cutting and nail cutting. All of these things teach us personal hygiene that improves ourselves before being committed to the laws.
Also, the obligation to listen to teachers and not to practice any bad behavior disturbs the teachers is one of the things that benefit us before they abide by the laws of the school.
We also listen to the guidance of teachers who work to improve our behavior and respect and all these things are very good to learn through the school and through the laws imposed by each student.

My favourite subject

My favorite subject is English. I like English because it is interesting and important. It is spoken all over the world. Many people learn English to get a job. I learn English at school. I 'm good at English. I speak English with my teacher and my friends. I get high marks in English. It is a useful language. I like English because my teacher is friendly. I watch English programs on
TV. I listen to English songs. I play English game.

A day in my life

I wake up early in the morning, I take a shower and brush my teeth. After that, I eat breakfast with my family and then I get ready to leave the house going to school. I usually go early to school so that I have enough time to be ready for my classes.
After school is finished in the afternoon, I go back to the house and have lunch with my family. I take a rest for two hours and then I start finishing my homework. When I finish my homework, I usually watch T.V or play some games for couple of hours. By the time I finish, my mother will be making dinner. We eat dinner together and then I go to sleep to be ready for the next day.



My favourite story book

I am a book lover and love to read books a lot because reading is my favourite hobby. We have got a family library in our house.
My favourite story book is Alice's Adventure in Wonderland. Alice has a lot of adventures in Wonderland. She met a lot of interesting characters in Wonderland. She met the White Rabbit which was always late. She also met the Cheshire Cat which had a big smile, at last she met the Queen of Hearts. She was always angry and shouted at people.

My favourite sport

My favorite sport is football. It is a fun game to watch and play.
football brings people together. When I was young, I used to go to the field with my friends and play football all day long.
I play football twice a week. I play it in the club.
Sometimes I watch football matches on TV. Mohamed Salah is my favourite player. He plays for Liverpool team. He also plays for our national team. My dream to be a famous footballer like Mo Salah.

How to stay safe online

The internet is great fun but it does have dangers and we want you to be safe online.
You need to follow some rules to stay safe. Never give out your real name. Never give out your address or telephone number. Never agree to meet anyone on your own. Keep your password secret. Don't make friends with people you don't know online. Don't tell people your personal information. Don't send photos to people you don't know. If you are worried about something, tell a parent or a teacher.

Snacks

Eating snacks is my favorite. I like eating snacks such as potato chips, chocolate and candy.
One important thing we should know is that eating snacks is harmful to our bodies. Eating snacks is a bad habit. If you eat a lot of snacks, you will become fat.
I used to eat snacks when I was a child. My parents bought me a lot of snacks and I would eat them all in one week. Now, I feel very sorry about eating snacks because it is really harmful to my body.
If you want to be healthy, you can eat more vegetables and fruit, they are healthy for your body.



A recipe for your favourite food

Most foreign food is delicious. Kapenta is my favourite dish.
Kapenta, are one of Zambia's traditional meals. A lot of Zambian families eat this, be it once in a long while, every week or once in a month or two. Kapenta are very tasty small type of fish. It consists of tomatoes, onions, curry and they are cooked in oil.
Kapenta is a delicious dish. It is very good for you.

A holiday in Paris

During my last holiday, I went to France. My mum planned this visit for me and my friends. We travelled there by plane. We went France last summer.
Paris is a great city for a holiday because there is so much to see and do. The food is delicious. I ate a lot of new things, for example, snails! One day we climbed the Eiffel Tower, and from the top we had a view of the city. We visited museums and had a picnic in Luxembourg Gardens. We also went on a boat on the River Seine.

A day on the beach

Visit to a beach is always an exciting trip. Usually, people visit beaches with their families and friends to break away from the daily life and relax.
The cool breeze, the pleasant weather, the waves of water, the wet sand are the things everyone loves about the beaches.
People from all ages, young and old, visit the beach in great numbers especially during the hot summer season.
Last summer, the weather was very hot. We decided to go to the beach in Hurghada. The water of the sea was crystal clear and deep blue in colour.
Hurghada is a beautiful city in South Sinai. My sister Mariam made a sandcastle. I swam in the sea and climbed the mountains. We enjoyed our time a lot.



Technology

Our life is going fast now because of the latest technology. A lot of people do their businesses online. Others use smartphones. They communicate with each other using social media. Technology helps us get information easily. You can find out about the latest technology online. It's important to learn about the latest developments.

I love technology. My favourite hobby is playing video games. I usually play them on my laptop but sometimes I play them on my mobile phone. I'd like to spend all day playing video games, but I have to go to school. My favourite lesson is computer studies. At break, I look at websites for new video games.

How to make a video call

A video call is a phone call using an Internet connection, sometimes called VoIP, that uses video to transmit a live picture of the person making the call. Video calls are made using a computer's webcam or other electronic devices with a video-capable camera, like a smartphone, tablet, or video-capable phone system.
Video calls are a new kind of technology. Video calls are an interesting way to contact your friends. To make a video call, you can follow some instructions. First tap the video icon on your phone. Tap the name of the person. Then say hello to your friend. Video calls are a good way for the deaf people.

A review on your favourite book

I love reading so much. Last week, I read a story called Oliver Twist. It is about a child who had to live in a workhouse because his mother died when he was born. The writer describes the life of child workers and the life in the workhouse where poor people were sent to live and work.

The details of characters and the workhouse are wonderful. The characters are Oliver Twist, some members of a gang and Mr. Brownlow who will adopt Oliver. I liked this book very much because it has a moral. The moral is "Good people are rewarded while bad people are punished."



Voluntary work

Voluntary work is a help given for free. Voluntary work means any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone. It includes helping old people, helping the disabled sick children, orphans, plant trees and so on.

I like voluntary work. We do voluntary work on Saturday afternoon. My sister and I help in the children's hospital. We play games with the children. We read them stories, too. It's great!

The best person in your family

I love all my family, but my mother is the person I like best. I like my mother because she always advises me.

My mother grows flowers during her free time. She loves my family and she is very kind hearted. She loves to listen to music. My mother makes tasty food and is a good housewife. Her favourite food is rice and curry and her favourite drink is tea. She likes fruits. Her hobby is reading. I am lucky to have a good mother and I wish her good health and long life. I love my mother and she also loves me.

Rules you follow at home

There are some rules that I have to follow. I have to get up early. I have to clean my room and make my bed. I have to go to school in time. After school, I have my lunch and do my homework. I shouldn’t watch too much TV.

I should obey my parents. I mustn’t hurt my sisters or my young brother. I have to study for my exams. I mustn’t make a mess in the house. At night, I have to prepare my bag and go to bed.

Doaa Elghobashy

Doaa Elghobashy is an Egyptian beach volleyball player. She was born in 1996. She is 180 cm tall. She is strong and fast. She is friendly. Elghobashy competed in the 2016 Summer Olympics. Egypt's national women's beach volleyball team has won the 2019 Africa Beach Volleyball Nations Cup held in Nigeria. Doaa Elghobashy made history as she played in the Copacabana beach court on Sunday, becoming Egypt's first ever Olympic team to compete in a beach volleyball tournament. She is the first volleyball player to play for Egypt in the Olympics.

"Which do you like more, nature or technology?"

Of course, I like nature more than technology. Nature means birds in the sky; water in rivers, in seas and in oceans. Nature is flowers in the gardens, trees and animals in the forests.

I love nature. I like walking and watching trees, animals, flowers and insects all around us. I don't like being in the house. I like being in the garden and looking at the sky. At school, I always go outside at break. I go when it's very hot or cold!

"Your favourite place"

Egypt has many interesting places to visit. The Pyramids in Giza is my favourite one.
All pyramids were built on the west bank of the Nile. The Pyramids contain a maze of confusing passages.

The incredible Pyramids at Giza are the world's oldest attraction. A lot of tourists come to see them. The Pyramids were built thousands of years ago. They were already more than 2,000 years old. They were built to bury kings. The Great Pyramid is 137 m high.

"A trip to London"

London is one of the most beautiful cities in the world and one of the most popular tourist destinations from all over the world every year.

Big Ben, Westminster, is one of the most famous sights in the city. The famous London Eye, a large wheel that you can ride in its vehicles to see the entire city of London and enjoy the amazing view from the top of the city.

Last summer, I went on a trip to London with my school. My favourite place was Windsor Castle. We went there by train. We walked around the castle. My favourite activity was a ride on the London Eye. I was there for two weeks.

"A day in Siwa"

Yesterday, we went to Siwa. Siwa is in the desert. It's famous for dates and olives.

Siwa has an amazing nature that attracts a lot of tourists every year. It offers great desert tours, craft shops, restaurants, and nice hotels. During our trip in Siwa, we swam in the lake and climbed the mountain. We saw camels and slept in a tent in the desert. It was my favourite holiday.

"A picnic to Al Azhar Park"

Al-Azhar Park is opened to the public in 2005. The park is beautiful, the citadel is in the background and minarets and domes are visible on both sides of the park. It also has a number of cafés and restaurants.

In October, we visited my uncle, aunt and cousins in Cairo. We had a picnic in Al Azhar Park. We ate delicious food. Then we played games. My brother, Ali rode his bike. We enjoyed our time.

"Your favourite dish”

I am very foodie. I love to eat and cook. Among the number of foods, Pizza is my favourite because it tastes and smells good. In Pizzas too, I love cheese Pizza a lot. This is because cheese is very healthy and makes me strong.

My mum cooks the best pizzas in the world. I always ask her to make pizza. I like to eat hot pizzas. Because hot Pizzas taste best and when they are crispy at the sides and soft in the middle.

Tagine

Tagine is a traditional meal in Morocco. It is slow-cooked in the traditional cookware. Typically, a tagine is a rich mixture of meat, poultry, or fish, and most often includes vegetables or fruit. Vegetables may also be cooked alone in the tagine.

It has an amazing taste. The name tagine comes from the cooking pot for this food. If you want to try this meal, you have to visit Morocco.

"A visit to the café"

Last week I went to a newly opened café. It was a nice café I had ever seen. The café is popular for its special type of coffee. Besides, it also sells various types of light foods.

It sells the foods at a low price and those are healthy indeed. I like the café for some reasons. First of all, I am in love with the inner decoration and seating arrangement. The service is also fine and the place is clean.